

WHAT IS CLAIMED IS:

1. A breast pad for absorbing fluid leaking from the breast of a woman and minimizing the soiling of clothing worn by the woman, said breast pad having a front side which faces the breast and a back side which faces the clothing, said front side comprising from about 0.1 g/m<sup>2</sup> to about 30 g/m<sup>2</sup> of a composition for improving breast and nipple skin health, said composition comprising omega-3 fatty acids.
2. The breast pad as set forth in claim 1 wherein the composition comprises from about 0.05% (by total weight of the composition) to about 1.5% (by total weight of the composition) omega-3 fatty acids.
3. The breast pad as set forth in claim 1 wherein the composition comprises from about 0.1% (by total weight of the composition) to about 1% (by total weight of the composition) omega-3 fatty acids.
4. The breast pad as set forth in claim 1 wherein an oil selected from the group consisting of fish oil, olive oil, canola oil, walnut oil, and flaxseed oil is introduced into the composition, said oil comprising omega-3 fatty acids.
5. The breast pad as set forth in claim 4 wherein the oil is flaxseed oil.
6. The breast pad as set forth in claim 1 further comprising an additive selected from the group consisting of a natural moisturizing factor, a humectant, vitamin C, vitamin E, aloe, and an edible botanical.
7. The breast pad as set forth in claim 1 wherein the composition has a pH of from about 3 to about 8.
8. The breast pad as set forth in claim 1 wherein the composition has a pH of from about 4 to about 6.5.
9. The breast pad as set forth in claim 1 wherein the composition further comprises from about 40% (by total weight of the composition) to about 60% (by total weight of the composition) of a solidifying agent.

10. The breast pad as set forth in claim 1 wherein the composition further comprises from about 1% (by total weight of the composition) to about 40% (by total weight of the composition) of a fatty alcohol.

11. The breast pad as set forth in claim 1 wherein the composition further comprises from about 0.1% (by total weight of the composition) to about 10% (by total weight of the composition) of an additive selected from the group consisting of sterols, sterol derivatives, and mixtures thereof.

12. The breast pad as set forth in claim 1 wherein the composition further comprises from about 0.1% (by total weight of the composition) to about 10% (by total weight of the composition) of an extracted botanical.

13. The breast pad as set forth in claim 1 wherein the composition further comprises from about 0.1% (by total weight of the composition) to about 10% (by total weight of the composition) of an emollient.

14. The breast pad as set forth in claim 1 wherein the composition further comprises from about 1% (by total weight of the composition) to about 20% (by total weight of the composition) of a viscosity enhancer.

15. The breast pad as set forth in claim 1 wherein the composition further comprises from about 0.5% (by total weight of the composition) to about 10% (by total weight of the composition) of a rheology enhancer.

16. The breast pad as set forth in claim 1 wherein the composition is in a form selected from the group consisting of an emulsion, a lotion, a cream, an ointment, a salve, a suspension, an encapsulation, and a gel.

17. A breast pad for absorbing fluid leaking from the breast of a woman and minimizing the soiling of clothing worn by the woman, said breast pad having a front side which faces the breast and a back side which faces the clothing, said front side comprising from about 0.1 g/m<sup>2</sup> to about 30 g/m<sup>2</sup> of a composition for improving breast and nipple skin health, said composition comprising omega-3 fatty acids and omega-6 fatty acids.

18. The breast pad as set forth in claim 17 wherein an oil selected from the group consisting of fish oil, olive oil, canola oil, walnut oil, and flaxseed oil is introduced into the composition, said oil comprising omega-3 fatty acids.

19. The breast pad as set forth in claim 18 wherein the oil is flaxseed oil.

20. The breast pad as set forth in claim 17 wherein an oil selected from the group consisting of corn oil, cottonseed, oil, safflower oil, and sunflower oil is introduced into the composition, said oil comprising omega-6 fatty acids.

21. The breast pad as set forth in claim 17 wherein the composition comprises from about 0.05% (by total weight of the composition) to about 1.5% (by total weight of the composition) omega-3 fatty acids.

22. The breast pad as set forth in claim 17 wherein the composition comprises from about 0.1% (by total weight of the composition) to about 1% (by total weight of the composition) omega-3 fatty acids.

23. The breast pad as set forth in claim 17 wherein the weight ratio of omega-3 fatty acids to omega-6 fatty acids in the composition is from about 1:2 to about 1:4.

24. The breast pad as set forth in claim 17 further comprising an additive selected from the group consisting of a natural moisturizing factor, a humectant, vitamin C, vitamin E, aloe, and an edible botanical.

25. The breast pad as set forth in claim 17 wherein the composition has a pH of from about 3 to about 8.

26. The breast pad as set forth in claim 17 wherein the composition has a pH of from about 4 to about 6.5.

27. The breast pad as set forth in claim 17 wherein the composition further comprises from about 40% (by total weight of the composition) to about 60% (by total weight of the composition) of a solidifying agent.

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28. The breast pad as set forth in claim 17 wherein the composition further comprises from about 1% (by total weight of the composition) to about 40% (by total weight of the composition) of a fatty alcohol.

29. The breast pad as set forth in claim 17 wherein the composition further comprises from about 0.1% (by total weight of the composition) to about 10% (by total weight of the composition) of an additive selected from the group consisting of sterols, sterol derivatives, and mixtures thereof.

30. The breast pad as set forth in claim 17 wherein the composition further comprises from about 0.1% (by total weight of the composition) to about 10% (by total weight of the composition) of an extracted botanical.

31. The breast pad as set forth in claim 17 wherein the composition further comprises from about 0.1% (by total weight of the composition) to about 10% (by total weight of the composition) of an emollient.

32. The breast pad as set forth in claim 17 wherein the composition further comprises from about 1% (by total weight of the composition) to about 20% (by total weight of the composition) of a viscosity enhancer.

33. The breast pad as set forth in claim 17 wherein the composition further comprises from about 0.5% (by total weight of the composition) to about 10% (by total weight of the composition) of a rheology enhancer.

34. The breast pad as set forth in claim 17 wherein the composition is in a form selected from the group consisting of an emulsion, a lotion, a cream, an ointment, a salve, a suspension, an encapsulation, and a gel.

35. A breast pad for absorbing fluid leaking from the breast of a woman and minimizing the soiling of clothing worn by the woman, said breast pad having a front side which faces the breast and a back side which faces the clothing, said front side comprising from about 0.1 g/m<sup>2</sup> to about 30 g/m<sup>2</sup> of a composition for improving breast and nipple skin health, said composition comprising omega-3 fatty acids and essential fatty acids.

36. The breast pad as set forth in claim 35 wherein the composition comprises from about 0.05% (by total weight of the composition) to about 1.5% (by total weight of the composition) omega-3 fatty acids.

37. The breast pad as set forth in claim 35 wherein the composition comprises from about 0.1% (by total weight of the composition) to about 1% (by total weight of the composition) omega-3 fatty acids.

38. The breast pad as set forth in claim 35 wherein the composition comprises from about 0.05% (by total weight of the composition) to about 1.5% (by total weight of the composition) essential fatty acids.

39. The breast pad as set forth in claim 35 wherein the composition comprises from about 0.1% (by total weight of the composition) to about 1% (by total weight of the composition) essential fatty acids.

40. The breast pad as set forth in claim 35 further wherein the composition further comprises omega-6 fatty acids.

41. The breast pad as set forth in claim 40 wherein the weight ratio of omega-3 fatty acids to omega-6 fatty acids in the composition is from about 1:2 to about 1:4.

42. The breast pad as set forth in claim 35 further comprising an additive selected from the group consisting of a natural moisturizing factor, a humectant, vitamin C, vitamin E, aloe, and an edible botanical.

43. The breast pad as set forth in claim 35 wherein the composition has a pH of from about 3 to about 8.

44. The breast pad as set forth in claim 35 wherein the composition has a pH of from about 4 to about 6.5.

45. The breast pad as set forth in claim 35 wherein the composition further comprises from about 40% (by total weight of the composition) to about 60% (by total weight of the composition) of a solidifying agent.

46. The breast pad as set forth in claim 35 wherein the composition further comprises from about 1% (by total weight of the composition) to about 40% (by total weight of the composition) of a fatty alcohol.

47. The breast pad as set forth in claim 35 wherein the composition further comprises from about 0.1% (by total weight of the composition) to about 10% (by total weight of the composition) of an additive selected from the group consisting of sterols, sterol derivatives, and mixtures thereof.

48. The breast pad as set forth in claim 35 wherein the composition further comprises from about 0.1% (by total weight of the composition) to about 10% (by total weight of the composition) of an extracted botanical.

49. The breast pad as set forth in claim 35 wherein the composition further comprises from about 0.1% (by total weight of the composition) to about 10% (by total weight of the composition) of an emollient.

50. The breast pad as set forth in claim 35 wherein the composition further comprises from about 1% (by total weight of the composition) to about 20% (by total weight of the composition) of a viscosity enhancer.

51. The breast pad as set forth in claim 35 wherein the composition further comprises from about 0.5% (by total weight of the composition) to about 10% (by total weight of the composition) of a rheology enhancer.

52. The breast pad as set forth in claim 35 wherein the composition is in a form selected from the group consisting of an emulsion, a lotion, a cream, an ointment, a salve, a suspension, an encapsulation, and a gel.

53. A breast pad for absorbing fluid leaking from the breast of a woman and minimizing the soiling of clothing worn by the woman, said breast pad having a front side which faces the breast and a back side which faces the clothing, said front side comprising from about 0.1 g/m<sup>2</sup> to about 30 g/m<sup>2</sup> of a composition for improving breast and nipple skin health, said composition comprising from about 1% (by total weight of the composition) to about 15% (by total weight of the composition) flaxseed oil.

54. The breast pad as set forth in claim 53 wherein the composition comprises from about 1% (by total weight of the composition) to about 10% (by total weight of the composition) of flaxseed oil.

55. The breast pad as set forth in claim 53 further comprising from about 1% (by total weight of the composition) to about 15% (by total weight of the composition) of essential fatty acids.

56. A breast pad for absorbing fluid leaking from the breast of a woman and minimizing the soiling of clothing worn by the woman, said breast pad having a front side which faces the breast and a back side which faces the clothing, said front side comprising from about 0.1 g/m<sup>2</sup> to about 30 g/m<sup>2</sup> of a composition for improving breast and nipple skin health, said composition comprising linoleic acid, alpha linoleic acid, eicosapentenoic acid, and docosahexenoic acid.

57. The breast pad as set forth in claim 56 wherein the weight ratio of omega-3 fatty acids to omega-6 fatty acids in the composition is from about 1:2 to about 1:4.

58. A method of treating or preventing nipple tenderness and cracking on the breast of a breast feeding woman, the method comprising:

introducing a composition onto a front side of a breast pad to be worn by the woman, said breast pad having a front side which faces the wearer and a back side which faces the clothing, said composition comprising omega-3 fatty acids and;

transferring the composition from the front side of the breast pad to the nipple and breast of the woman during wear such that the omega-3 fatty acids contact the nipple of the breast and replace skin lipids lost by the mother during the breast feeding.

59. The method as set forth in claim 58 wherein the breast pad comprises from about 0.05% (by total weight of the composition) to about 1.5% (by total weight of the composition) of omega-3 fatty acids.

60. The method as set forth in claim 58 wherein an oil selected from the group consisting of fish oil, olive oil, canola oil, walnut oil, and flaxseed oil is introduced into the composition, said oil comprising omega-3 fatty acids.

61. The method as set forth in claim 58 wherein the composition has a pH of from about 3 to about 8.

62. The method as set forth in claim 58 wherein the composition further comprises essential fatty acids.

63. The method as set forth in claim 58 wherein the composition further comprises omega-6 fatty acids.

64. The method as set forth in claim 63 wherein the weight ratio of omega-3 fatty acids to omega-6 fatty acids in the composition is from about 1:2 to about 1:4.

65. A method of supplementing the nutrient intake of a breast feeding infant, the method comprising:

introducing a composition onto a front side of a breast pad to be worn by the woman breast feeding the infant, said breast pad having a front side which faces the wearer and a back side which faces the clothing, said composition comprising omega-3 fatty acids,

transferring the composition from the front side of the breast pad to the nipple and breast of the woman during wear such that the omega-3 fatty acids contacts the nipple and breast of the woman; and

transferring the omega-3 fatty acids from the nipple and breast of the woman to the infant during the breast feeding of the infant such that the omega-3 fatty acids are ingested by the infant.

66. The method as set forth in claim 65 wherein the breast pad comprises from about 0.05% (by total weight of the composition) to about 1.5% (by total weight of the composition) of omega-3 fatty acids.

67. The method as set forth in claim 65 wherein an oil selected from the group consisting of fish oil, olive oil, canola oil, walnut oil, and flaxseed oil is introduced into the composition, said oil comprising omega-3 fatty acids.

68. The method as set forth in claim 65 wherein the composition has a pH of from about 3 to about 8.



69. The method as set forth in claim 65 wherein the composition further comprises essential fatty acids.

70. The method as set forth in claim 65 wherein the composition further comprises omega-6 fatty acids.

71. The method as set forth in claim 70 wherein the weight ration of omega-3 fatty acids to omega-6 fatty acids in the composition is from about 1:2 to about 1:4.

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